

United States Gymnastics Federation
GYMNASTICS NEWS
September-October 1980
Vol. IX, No. 5

"1980 Gymnasts of the Year"



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Kurt Thomas

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Gymnastics News

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United States Gymnastics Federation

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Roger L. Counsil

EDITORIAL

International Invitational A New Meet with a Promise

The first annual USGF International Invitational Gymnastics Competition in Hartford, Connecticut, has come and gone. We have good feelings about this new meet on the International Calendar. The reception by the various dignitaries was overwhelming. Meet administration could not have been better, and our hosts at the Hartford Civic Center were most gracious and efficient.

It was with some trepidation that we planned the USGF International Invitational, but felt that the athletes should have a full calendar of competition of level of participation in the Olympic games.

With the meet scheduled on relatively short notice, we felt that the organizational aspects of the meet, using much of our experienced volunteer help from the World Championships, came off smoothly and without any administrative problems. The quality of the competition was outstanding. There was much apprehension in the American camp because of the fact that there were many new faces on both the USA Women's Team and the USA Men's Team. The athletes who competed in Hartford, however, can be a source of pride to the American gymnastics community. They were a talented and aggressive group of young people, and seemed to announce to the world gymnastics community that the new generation of American gymnasts is on the doorstep of the world.

Since the competition, we have heard from many of the nations who would like to continue the competition. CBS Television, likewise, was thrilled with the competition,

and would like to continue to cover the meet for the next two years. We are looking forward to the 1981 version of the USA International Invitational Meet and hope that in light of the World Championships, scheduling will permit us to return to Hartford, Conn. for the competition. We feel that geographically it is a good site, and the facility there is outstanding. It is our plan in 1981 to move the meet a few weeks later so that it will better coincide with the International Calendar competition, allowing the athletes from all nations more preparation time for the meet.

New Magazine Format

Addition of bio-mechanics, sports medicine, and technical article, will offer more to readership.

We are attempting to breathe some new life into the USGF News. In the past we feel that our publication has served the needs of the gymnastics community well from a standpoint of factual reporting and meet reporting. We do feel, however, that there is a need for more articles of a technical nature, and articles that touch on background information for coaching, such as, club management, program development, physiology, bio-mechanics, sports medicine, psychology, or any other area that would touch the lives of coaches and teachers and help them do a more effective job. I would also take this opportunity to put out a call for anyone who feels that they have something unique to share with their colleagues, to submit their articles to us so that we can truly be a medium through which ideas are shared. I look forward to an improved USGF News in coming months and hope that you will all want to be a part of our effort at one time or another.

Biomechanics—What Can It Do For Gymnastics?

Andrew Dainis, Ph.D.
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Exactly when should the toes be brought to the bar for a kip? What distance should the board be from the horse? What is the best technique for doing the double full? Is it feasible to do a double Tsukahara vault and what would it take? There are just a few of the many questions that biomechanics can answer, if not presently, then certainly in the future.

Biomechanics, which can be broadly defined as the application of principles of mechanics to living things, is based upon fundamental laws of nature which were stated by Newton and others in the Seventeenth Century. The use of these principles as a basis for the understanding and teaching of movements in sport, however, has a very recent history. The current effort can be partially attributed to the emphasis on sport as a means of achieving national and international recognition, and to the development and availability of high speed computers which can handle the very complex and once tedious calculations that characterize studies of the human body in motion. Presently we have available the knowledge, tools, and methods necessary to answer the above questions and many others in addition, but particularly in this country the effort and man-power to carry out the task are generally lacking.

The knowledge and work as biomechanics related to gymnastics should exist at two levels. Firstly, there is the practical level which can be used in the gym. The second is the experimental and theoretical level where research into gymnastics is carried out. With regard to the practical level the gymnast, the judge, and particularly the coach, should have a "feel" for the principles of mechanics so they can function effectively in their particular capacities. Often coaches inadvertently ask gymnasts to violate the fundamental laws of nature, and occasionally the evaluation of technique by judges is based upon misconceptions. It is very fortunate that the human individual is capable of "locking in" on effective movement patterns through a trial and error process, enabling him or her to learn the skill in spite of inappropriate coaching cues.

What sort of knowledge is required for competent coaching? As an example, many people do not realize the following. If a 50 pound and a 140 pound gymnast were both to simultaneously jump from a high bar, they would land at exactly the same instant. The speed of horizontal motion of an airborne gymnast can in no way affect the time the gymnast spends in the air. Also, no possible

action of the body parts of an airborne gymnast can change the motion of his/her center of gravity. These are rather direct and very basic examples of the application of biomechanical principles to gymnastics. As well as the purely mechanical aspects of force and motion, a knowledge of the structure of the human body is also important. An understanding of the location and properties of the principle muscles, bones, and joints is essential if we are to devise useful exercises and do gymnastics in a nongymnastic manner.

Achieving biomechanical competence at the practical level involves three steps.

1) The first step should be a study of the fundamental principle of mechanics and human anatomy. The basic laws of mechanics which apply to gymnastics are not many in number, and if appropriately presented do not require a knowledge of mathematics. Human anatomy is a fascinating subject, the study of which can be very rewarding to all those concerned with gymnastics performance. It provides one an understanding of physical limitations in flexibility and strength, as well as the nature and causes of injuries.

2) The second step involves the assimilation of the fundamentals of mechanics and anatomy onto a framework which can be applied to gymnastics performance. This process requires that the concepts must be understood and that we develop a feel for how they interact and function in many different situations.

3) Finally we must learn to flexibly apply the concepts and principles during the coaching, performance, or judging of gymnastics. Usually we cannot use the "cookbook" approach, i.e., in a given situation use a particular correction. This is because each gymnast tends to make a different combination of mistakes and has differing physical capabilities and characteristics. Besides, we usually do not know exactly what the best way of doing the skill is. Although many books have been written on the subject of coaching gymnastics, it is impossible for any one to come close to describing everything about the many hundreds of gymnastics skills presently in use. The coach and judge will always have to rely on his/her own experience, intuition, and knowledge as primary resources. It is this continual challenge that makes working in gymnastics a very interesting and challenging experience. In general, the superior coach will be the individual who has studied the biomechanical principles and can apply these to the gymnast.

The above described level of knowledge can only unequivocally provide answers and directions for the more simple movements. We are all aware of controversies among coaches regarding the methods to be used in teaching and performing the more complicated and difficult skills. The use of intuitive methods in the analysis and teaching of many movements is limited by the ability of the human brain to interpret the many

Continued p. 5

Biomechanics Corner

variables that play a part. Even if the motion of the gymnast can be adequately observed by the eye, the forces which cause all motion have to be deduced by guesswork. Usually there are many forces which interact in complex ways and it is difficult to understand the relevance of the many factors that are operating. Also in movements such as take-offs and landings, the body as well as the apparatus deform in small but subtle ways.

To examine and understand the more complex skills as well as provide assurance of our correct interpretation of the simpler movements, scientific measurement techniques and analyses have to be employed. The type of knowledge required to carry out the experiments and interpret the results represents the second level of biomechanical capability. The basis of such knowledge is a rigorous foundation in mechanics and mathematics, an understanding of the human body, and an appreciation of the many aspects of gymnastics performance.

To date, only a handful of skills have been investigated scientifically, and these only in a very limited manner. Frequently, the restraints placed upon the experimental situation in order to control variables prevents the results from being applied generally to practical situations. The complete investigation of a skill or a class of skills may be carried out in three successive stages: analysis, modeling, and optimization.

1) The movement must first be recorded and analyzed with regard to positions, angles, speeds, accelerations, and forces. This is frequently carried out using medium speed cinematography (film speeds up to 500 frames/second). The many film frames are digitized to determine the locations of the various body parts throughout the movement. A computer is then employed to calculate the speeds, angles, accelerations, and forces which were responsible for the movement. The results of such an analysis often provides an in-depth understanding of the important factors, and the comparisons of data from skilled and unskilled gymnasts can be used to determine how the unskilled gymnast's technique should be altered. However, this technique is limited to comparisons with specific performers which may or may not be the best way of doing the movement. Also, an action which may work for one gymnast may not work for another because of differences in body size, strength, and flexibility. The results from the analysis may be often used to implement the second step.

2) A model is formulated which mathematically is able to imitate the actions of a real gymnast. The model will be a mechanical simplification of the body which nevertheless can represent the characteristics and motions we are interested in. For example, we may choose to only work in a vertical plane, and represent the arms and legs as being rigid segments connected to the trunk by hinge joints. Once all of the forces acting on every rigid part of the body have been identified their resultant motions can be calculated by use of a computer. Although simply stated, for anything but the simplest models this step can involve many pages of mathematical equations and extensive computer programs. There are many advantages to having such a model available. We are no longer restricted to obtaining results from real gymnasts. We can play with any of the variables such as body size and shape, strength, starting positions, speed, and timing of actions, and alter

these to see what the result of the particular set of actions will be. Of course, as no real gymnast is involved there is no danger of injury, and we can precisely control all of the variables as we wish. Actually, this type of manipulation presents considerable problems because of the large number of variables we have to control. The experience of trying to make a computer model of a gymnast do a skill makes one quickly realize the critical coordination and timing that even a simple trick requires. For simpler movements, a trial and error approach to the manipulation of the variables may be successful in determining the best technique to be used in a given situation. In the case of more complex movements a more efficient method has to be utilized.

3) Optimization is a process whereby the variables are manipulated (within physical and physiological limits) in order to achieve some best outcome. This quantity may be distance in flight of a diamound or a vault, height of a tumbling skill, amplitude of a swinging movement on the bars, or stability on the balance beam. There presently exist complex computer programs which are capable of carrying out the process for certain types of mathematical models, but to my knowledge none have yet been applied to gymnastics movements. In any such manipulation of variables care must be taken that we do not ask the model "gymnast" to have unrealistic flexibility or super human strength. To this end the physical capabilities of the gymnast that we wish to model must also be known. This last piece of information in itself is difficult to acquire due to the complex nature of the human body.

Eventually all of the above steps will be implemented in research in the sport of gymnastics, but that time is considerably down the road. To date, a few researchers in gymnastics biomechanics have analyzed a small number of skills and many of these have been outmoded or are now routinely done in a far superior manner. A start has been made in the modeling of vaulting (see IG Technical Supplement No. 3) which represents an initial step in the process of optimizing our vaulting techniques, but this is a drop in the bucket with regards to the needs of the sport. In contrast to some Eastern Block countries, the United States has no coordinated effort in this direction and very few qualified individuals engaged in such research. For this reason progress will remain slow for some time to come unless a concerted effort is made to put the biomechanics of gymnastics on a more secure and broader base at both the practical and research levels.

Dr. Andrew Davis

Former Gymnast from Adelaide, Australia

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He is nationally rated Mens Judge.

He has been in the U.S.A. for 13 years

He will be featured speaker at the 1989 Coaches Congress.

THE SPORTS MEDICINE VIEW

by Neal C. Small, M.D.

In the last issue of *Gymnastics News*, Roger Conzel, Executive Director of the U.S.G.F., mentioned several future target areas for research and development in gymnastics. One of the most important of these areas certainly is the prevention and treatment of injuries in gymnasts. The injury rate in high school, club and intercollegiate gymnastics is among the highest in both men's and women's sports. Gymnastics has been shown to have a higher rate of injury than any men's sport other than football and wrestling. The injury rate in women's gymnastics is among the highest along with softball, cross country and track.

In this initial column I would like to give you a brief summary of some limited studies published recently regarding the frequency and types of gymnastics injuries. In an excellent review of gymnastics injuries during a two year period in the Seattle area, Garrick and Requa noted 38.8 injuries per 100 participant seasons. The types of injuries seen in gymnastics usually result in loss of time from practice and competition rather than causing severe and permanent disability. Strains and sprains of the back were found to be quite common, but the single most

common injury in this group of high school, club and intercollegiate gymnasts was the sprained ankle. Sook, in a study of gymnastic injuries at the University of Massachusetts involving the women's varsity team, also found ankle sprains to be the most common injury. In his series, the next most common injury was found to be "supraspinatus tendinitis" of the shoulder. We now recognize this entity to be an impingement syndrome involving the rotator cuff and biceps tendon. In the next issue of this magazine I will discuss this shoulder problem.

The study by Garrick and Requa showed that almost half of the injuries in women's gymnastics resulted from the floor exercises and tumbling. The remainder of the injuries were rather evenly distributed between the vault, balance beam and uneven parallel bars.

This brief overview of gymnastics injuries will hopefully alert you to the frequency with which they occur in this exciting and rapidly growing sport. In subsequent columns we will discuss such varying subjects as knee injuries, ankle sprains, strength training, vitamin and protein supplementation and fluid replacement. I would also welcome suggestions from you, the readers, regarding future topics of discussion. In my next column we will discuss shoulder impingement syndrome.

This column is being started on an ongoing basis to better serve the gymnastics community.

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USGF International Invitational

Women's Report

Delene Darst, Women's Technical Director

Lasting impressions of the USGF International Invitational are of outstanding gymnastics (some of the best in the world), a well organized competition and a wonderful reception by the people of Hartford, Conn. The atmosphere of friendliness among the competitors, coaches, and judges during the training as well as during the competition was wonderful and unique to an international competition of this caliber. Seeing young women from different countries congratulate each other as they completed their routines was heartwarming.

The performances of the young women from China were thrilling for all and left no doubt that they are a world class team. Their precision of performance throughout the competition made up for any weaknesses they had in difficulty. Of the four events, as a team they were strongest on the balance beam. Their beam routines were exciting, had excellent rhythms as well as outstanding combinations of difficulty. Although similar in difficulty each routine had a uniqueness to it which was refreshing. It was very difficult to distinguish one gymnast from another as they all had the very same body shape and were very close to being the same in height.

They also showed very strong execution and outstanding technique on the uneven bars. With a few exceptions the routines were composed mostly of clear hip circles in handstand, under to handstand and girth swings to handstand. Most of their twisting and turns were shown in their dismounts.

On the floor exercise their tumbling was of the highest difficulty and very well performed. They showed a double salto with a full twist and all had double saltos. If there was a weakness to be found in their floor routines it was in the level of the dance combinations. However, what was done was with grace and beauty of movement.

The Chinese team's vaulting was good but not exceptional. It appears they are just beginning to master the more difficult vaults.

The USA team was also thrilling to watch. With only one veteran, Marcia Frederick, on the team, the depth of the performance level in the US was shown to be outstanding. The American women were the strongest team in the competition in vaulting. Excellent performances on balance beam and floor exercise were shown by newcomers Kelly Garrison, Lynn Lederer, and Luci Collins. Lynn performed well enough for a second place medal on floor and Kelly earned a third place medal. Lisa Zeit's pike front salto mount on beam was very exciting to see. Lisa also performed with a measure of style and excitement in the rhythm of her beam exercise. Tracy Caron, another newcomer on the American team, competed with consistency and coolness for one with little or no international experience. The star of the American team was Marcia Frederick who was outstanding in every event. Her vaulting was second to none in preliminaries, and her scores were high enough to win her the gold medal despite some problems in the finals. On uneven bars



Lynn Lederer

Marcia's exercise was exciting and very well performed. The reverse back from a one-on undergrip thrilled all who saw it. She did it so well that it looked simple but everyone sensed the difficulty and risk involved in the movement. Unfortunately she missed it in the finals which cost her a sure medal. Balance beam and floor exercise were strong events for Marcia also. Her second place medal in the all-around placed her among the best in the world in this event.

The third place team was from Japan, and they showed a great deal of improvement from World Championships in Ft. Worth. Their best events were balance beam and floor exercise. Their routines were consistent and most of them had strong performances in preliminaries. However, in finals several had problems with falls which kept them out of contention for any medals.

Another team which showed much improvement was Korea. Their consistency and consistency was noticeably improved from World Championships. They have good difficulty and as soon as they develop more style and consistency will be a team to contend with.

The Canadian women were beautiful in performance but lacked the needed difficulty. Each of the other countries such as Canada without full teams, Norway, Italy, New Zealand, and Switzerland had gymnasts who performed well and even outstanding in one or two events. Except for a couple of routines the difficulty was also lacking. Korny Kowals from Switzerland performed a very outstanding floor exercise routine which was thoroughly enjoyed by the audience. Their reaction to her exercise was very enthusiastic and showed their appreciation for a job well done.

All involved in every aspect of the competition should be proud of a job well done. Even though there were some problems and some performances that were disappointing to those involved the competition was a success. The truly was a competition where a spirit of good sportsmanship and fairplay prevailed.

"Hartford Highlights"

The Peoples Republic of China won both team titles, and numerous individual events.



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**WORLD
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Bucharest, Romania - 1981



"Hartford Highlights"

Marcia Farnsworth

Joan Meeker



Phil Cahoy



Ron Gallimore



Wallace Potter



"Hartford Highlights"

Mitch Gaylord

International Invitational—Women's Results

Team Results

All-Around

	1987 S&T	1988 S&T	1989 S&T	1990 S&T	TOTAL TOTAL		1987 S&T	1988 S&T	1989 S&T	1990 S&T	TOTAL TOTAL
01 ROC	10,000	10,000	10,000	10,000	40,000	01 U.S. GARDEN	10,000	10,000	10,000	10,000	40,000
	11,000	10,000	10,000	10,000	41,000	02 FREDERICK, M	10,000	10,000	10,000	10,000	40,000
02 USA	10,000	10,000	10,000	10,000	40,000	03 L.I. C	10,000	10,000	10,000	10,000	40,000
	11,700	10,000	10,000	10,000	42,700	04 JETS, L	10,000	10,000	10,000	10,000	40,000
03 JPN	10,000	10,000	10,000	10,000	40,000	05 CHENG, C.A.	10,000	10,000	10,000	10,000	40,000
	10,000	10,000	10,000	10,000	40,000	06 CHEN, Y	10,000	10,000	10,000	10,000	40,000
04 CHN	10,000	10,000	10,000	10,000	40,000	07 KAWA, Y	10,000	10,000	10,000	10,000	40,000
	10,000	10,000	10,000	10,000	40,000	08 KAWA, Y	10,000	10,000	10,000	10,000	40,000
05 USA	10,000	10,000	10,000	10,000	40,000	09 KAWA, Y	10,000	10,000	10,000	10,000	40,000
	10,000	10,000	10,000	10,000	40,000	10 KAWA, Y	10,000	10,000	10,000	10,000	40,000
06 USA	10,000	10,000	10,000	10,000	40,000						
	10,000	10,000	10,000	10,000	40,000						

Event Finals

NAME	TEAM	SCORE	TOTAL	FINAL
NO.	PTS	PTS	PTS	PTS

WALL / S&T

001 000 FREDERICK, M	USA	9,400	9,400	19,175
002 007 L.I. C	ROC	9,350	9,475	19,075
003 008 JETS, L	USA	9,400	9,400	19,100
004 003 CHENG, C.A.	ROC	9,400	9,525	19,125
005 009 CHEN, Y	ROC	9,400	9,475	19,075
006 001 KAWA, Y	JPN	9,700	9,425	19,125

UNEVEN BARS / BARS

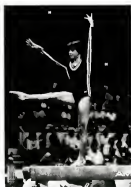
001 006 JETS, L	ROC	9,800	9,800	19,600
002 008 CHEN, Y	ROC	9,750	9,750	19,500
003 000 FREDERICK, M	USA	9,700	9,750	19,550
004 004 KAWA, Y	JPN	9,400	9,700	19,100
005 001 KAWA, Y	JPN	9,400	9,700	19,100
006 008 KAWA, Y	JPN	9,750	9,750	19,500
007 009 KAWA, Y	ROC	9,750	9,750	19,500

BALANCE BEAM / POULTE

001 008 KAWA, Y	ROC	9,700	9,700	19,400
002 007 L.I. C	ROC	9,600	9,600	19,200
003 000 FREDERICK, M	USA	9,400	9,600	19,000
004 004 COLLINS, L	USA	9,250	9,600	18,850
005 001 KAWA, Y	JPN	9,250	9,600	18,850
006 008 KAWA, Y	JPN	9,100	9,700	18,800

FLOOR EXERCISES / EXERCISES AU SOL

001 009 KAWA, Y	ROC	9,900	9,900	19,800
002 004 KAWA, Y	ROC	9,800	9,900	19,700
003 001 KAWA, Y	ROC	9,800	9,900	19,700
004 007 L.I. C	ROC	9,800	9,900	19,700
005 001 KAWA, Y	JPN	9,600	9,900	19,500
006 007 KAWA, Y	ROC	9,450	9,900	19,350



Kelly Garrison

Sports Medicine and the USGF Development Program

James G. Garrick, M.D.
Medical Adviser, USGF

There are few sports activities—especially among those in which the United States is internationally prominent—about which, in a medical sense, we know less than gymnastics. For the most part, the medical problems associated with gymnastics are dealt with on an individual basis and exchanges of medical information are informal and haphazard. Although there is an increasing awareness of the medical problems associated with the sport, efforts aimed at alleviating these problems have been only of a general nature. These efforts, for the most part, have not taken into consideration either the specific injuries experienced in gymnastics or the idiosyncrasies associated with gymnastics training. For example, it may be appropriate to encourage extensive stretching routines prior to workouts but if those muscles most likely to be injured are not involved then the stretching serves little purpose toward preventing injuries.

It is, at this time, difficult to create a meaningful injury prevention program for gymnastics. Such a program requires that one first know the type and frequency of injuries associated with the sport—information that has not been available.

The sports medicine goals in gymnastics—or any other sport for that matter—are first to prevent injuries and second (failing at prevention) to reduce the severity of the injuries and the disability associated with them. To accomplish this, we must first know the type and frequency of the problems.

Through the cooperation of the USGF and a host of gymnasts and coaches, three projects have been initiated. The first and most extensive involves the National Junior Men's team and was initiated by Program Director Mas Watanabe. The second, also undertaken under the auspices of the USGF, involves the members of the men's and women's national teams. The third effort encompasses a group of Class I career gymnasts and their coaches residing in northern California.

All of the investigations are aimed at identifying the injury patterns associated with gymnastics. This information will serve as the basis for injury prevention programs. Although all of the studies are still in their preliminary stages, they have already yielded information—some of which was previously unsupported and unappreciated.

Among the 83 gymnasts currently being studied, the ankle was the body part most often involved in injuries

that resulted in training interruptions lasting more than a week. Just as important was the finding that over half of the gymnasts reporting ankle injuries reported multiple injuries. The latter finding suggests a recurrence or re-injury rate in excess of 50 percent. Further, personal examination of a third of the gymnasts revealed inadequate rehabilitation for previous ankle injuries (i.e. lack of strength or motion) in nearly every instance.

Medical evidence strongly suggests that adequate rehabilitation—i.e. the re-establishment of normal motion and strength—will appreciably decrease the likelihood of recurrent ankle sprains—a problem accounting for at least one of every 20 injuries in gymnastics. Thus the Junior National Team members were instructed in a comprehensive ankle rehabilitation program. This program is to be carried out on a daily basis—as rehabilitation for those with a history of previous ankle sprains and as prophylaxis for those without previous problems. Team members are currently being monitored for the occurrence of future ankle injuries.

Because chronic wrist and low back injuries were each present in over half of the team members, specific rehabilitation/conditioning programs aimed at lessening the incidence and/or severity of these problems were also created. Again all team members were instructed in the techniques and are being followed regarding future injuries.

The three programs are essentially risk-free. They involve exercises that require little time or equipment. Adhering to these programs will neither interrupt nor alter normal workout schedules.

To our knowledge, this effort is unique. For the first time, a national sport-governing body has created a program capable of not only identifying medical problems but also creating and implementing intervention programs aimed at alleviating the problems. In addition, the success (or failure) of the programs is being monitored.

The information gathered in this project suggests that the injuries sustained by national level competitors are not dissimilar from those plaguing gymnasts at local levels. Thus, the fruits of these investigations and programs might ultimately be used to enhance the safety of gymnastics at every level of development.

Dutch Exhibition

Hal Halvorson

We all gathered together, the evening of September 9, at Kennedy International for our Dutch Exhibition tour at the invitation of the Royal Dutch Gymnastics Federation. The youngsters asked to participate were, for the girls: Lynn Lederer of the Mid-American Twisters and Suzie Van Slyke of Wallingboro Gym Club, for the boys: Mitch Gaylord of UCLA and Kevin Prady in the University of New Mexico, and myself, Hal Halvorson of the Big Sky Gym Club, Montana.

After the 7 hour KLM flight, first stop for the group was Amsterdam and there to meet us was Mr. Andrie Beckman and Mr. Pim Heymans. After a cup or two of coffee, we toured the canals of Amsterdam. The city, the capital of the Netherlands is literally built on piling some sunk as deep as 30-40 meters because of the soft ground. After the tour a short motor tour of the city then off to 'Papendahl' the National Sports Center for a couple days of training and adjusting to the time change. The first night, however, we just stretched out and got to know each other a little more.

The following day we stopped in Arnhem then caught the bus back to Papendahl to work out for 36 hours. Dutch national coaches Leona Horvath and Hans Von Zien were also training their youngsters.

We also planned our routine adjustments for the first exhibition that was to take place the evening of the 12th.

By the way Papendahl had facilities for all Olympic sports as well as recreational sports popular in the Netherlands.

The morning of the 12th we bussed to Dordrecht, the site of the first exhibition and after some shopping and touring we proceeded to the sport hall. Incidentally, Dordrecht is some 600 years old and one of the oldest sea ports in the Netherlands. Most of the very old warehouses are still standing as historic monuments to the past. In fact we passed thru the original city gates.

The exhibition was a variety show of gymnastics with Belgian modern Jazz dancers; Republic of Germany trampolines including Jorg Schürke, Christine Rother; and Barbara Kalisch; Finland's Olympian and former U of W NCAA star Matti Nuutinen and West Germany's Bernd Elling and former World Champion Eberhard Gierger. Modern rhythmic was Lili Ignatova and Ellena Racheva from Bulgaria as well as their coach and former star Nechra Robeva. Dutch M.R.G. participants included Joke de Boer, Vicky Lutz, Susan Klipp and Irma Bengtwerf, Dutch gymnasts Sonja Schlegelmilch and Marijke Aaronsout.

Equipment, particularly the floor exercise and vaulting boards are definitely not as easy to use as our equipment.

The show began in a completely packed house of 3000 with the march in and introductions of various participants. The Belgium dance group started the action with three dance numbers followed by Lynn on uneven bars. She completed her routine consisting of five hip, pop front in high stator free hip combination to Commemorative rock over low, and Suzie VanSlyke with her very elegantly



Suzie Van Slyke

performed balance beam routine handstand mount, including back walkover II, back front anal series and clean full off. Shortly thereafter Kevin performed his pommel horse and floor exercise, mounting with a tucked double and dismounting with a double full, inside of the difficult surface to tumble on. Mitch Gaylord did a very nice P-Bar routine including nice start hand, dramades and a super double off. Gierger, Nuutinen and Elling performed also as did Holland Marijke Aaronsout with a well executed balance beam. The Bulgarian presentations with Modern Rhythmic sparked with difficulty and charisma and surely were show highlights. Later in the show Suzie sparkled thru her floor as did Lynn. (Lynn mounted with her piked double.) High bar had to be the show highlight, however, as Mitch Gaylord performed his Gaylord flip surrounded by an excellent routine finishing up with a pike 1/2 in 1/2 out. Kevin's back uprise hand free hip 1/2 giant full twist regrip through a full in. Gierger being the former World Champion demonstrated his prowess demonstrating with a full in. The show stopper was the superb clean high bar act put on by Elling, Gierger and Nuutinen involving blundering spots, missed dismounts outlandish outfits and 3 men doing giants at the same time on high bar. I had watched the act in 1978 at the Hannover Turnfest but with the addition of Nuutinen it was even better "hats off".

After the show everyone attended a banquet and a few exchanges were made between delegation leaders to exhibition officials.

The next morning we were off to Langedijk and our second show. Langedijk (meaning long dike) is currently celebrating its 900th anniversary as a city. We, incidentally were part of the festivities. After a luncheon at which the

Dutch Exhibition Con't.

show was explained we shopped for an hour or so and proceeded to the sport hall. From the start the organization of this show was tighter, probably because this one was organized by famous Dutch sportsman Klaas Boot. Boot actively competed for 17 years and was Dutch National Champion for 10 consecutive years. Would you believe that Klaas never competed in the Olympics during that time? His Olympic hopes dashed 4 time over. The war, the Hungarian crisis, school and money right after the war.

Anyway, Klaas ran a tight ship and his area knows gymnastics. Former local gymnasts from some 40 years prior were in attendance.

The show was complete with spotlights, flowers and over 75% of the crowd bedecked with the traditional Dutch clothing including the famous wooden shoes.

The performances seemed to reflect this 1st class approach and although most performances were similar, the sequence and tempo was crisp.

The American kids presented Klaas with a USA hat as I wished Longdick 'Happy Birthday' and made Klaas as 'Honorary American,' trading him the USA hat for his traditional Dutch cap. Our youngsters were steadier, tumbled better and performed excellent routines. Kevin performed P-bars and had no trouble on pommel horse. Mitch's P-bars, pommel horse and high bar were great. The Dutch had trampolines in this show, some being Klaas'. Some names were P.J. Scrinton, Jacqueline de Ruyter, Diane Wong and Inge Molierus.



Kevin Prady

Vault went well, Lynn with a full on full off and Sune Hip, full.

The comedy high bar was again great and the show finished with everyone being presented with a large 'gouda' cheese and a bouquet of flowers.

A great show for participants as well as the audience of 2500.

Afterward a very elegant banquet complete with candlelight and all awaited us back at the hotel.

I presented some Charles M. Russell western art books to the delegation leaders from the various countries as well as Andre Beckman and Klaas Boot, as well as to the

Continued p. 13

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Dutch Exhibition Con't.

Federation representative Mr. Burgwink and thanked them all on behalf of our youngsters as well as our Federation.

The following day Klaas took the Belgian girls and us on a tour through the countryside to the dike on the English Channel to the Zuider Zee and explained how the dike, canals, and windmills served to aid the Dutch in their reclamation of land from the sea, a truly remarkable feat, particularly when one observes it first hand. Kias off to the Dutch for their hospitality and a great big "thank you" from our gymnastics community. On a personal note, thanks for allowing me to represent our country, again it was an honor and our youngsters represented us exceptionally well and I believe benefited us socially as well as well as competitively.

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A Coaches View of Injuries

By Michael Zapp
Pacific-Palissades, California

Editor's Note: Coach Mike Zapp takes a philosophical look at avoiding, dealing with and working around some minor injuries common to gymnasts. Of course, proper remediation by sports medicine personnel is recommended for any serious injury. The author also makes some interesting suggestions for efficient use of time during the recovery period.

PRE-SEASON SYNDROME: ANXIETY Gymnastics season is almost here! The moment of reckoning for most of us these last several weeks approaches in like an epidemic. Injuries seem to be catching and we all wonder why.

The injuries I am referring to usually stem from anxiety, a few of what might happen. Gymnastically speaking, anxiety occurs when anticipation of the season becomes too much for the gymnast or coach to control. Both find themselves worrying too much during this period. As in every day life, deadlines must be met. For some this presents no problem, but for the rest of us, the problems growing out of anxiety become more traumatic than the anxiety itself. Injuries are usually just a physical manifestation of programmed negative thoughts generated by anxiety. We tend to distort and exaggerate our problems. Pain is more painful, emotions are amplified, skills become tougher and time gets shorter.

Have you ever listened to the conversation that goes on inside your head during anxious moments? It probably follows this thought: "I have to get this trick in two weeks. I have to get it, or the routine won't be worth doing. What's wrong with me, why can't I learn it? I'm just a lousy gymnast. I'm no good—I should quit! I hate myself!"

Does this sound familiar? Thinking along this path only hinders you from meeting your deadlines. It contributes nothing in getting the job done. It's a total waste of time and effort. You can begin to fight this mental disease by focusing your thoughts on the present. Concentrating yourself on here and now, the present begins to make you clearly aware of your feelings instead of drowning them.

Only through patience can you acquire faith in yourself. This faith and confidence is stronger than all the muscles in your body combined. Wish it comes all those moves you knew you could do but were too afraid of. Having faith in yourself enables you to let go more and hold back less. Your effort should be put on relaxing enough to freely move about and then becoming aware of how close you came to doing just that. Don't worry about how good the move was. This only distracts you from developing awareness, an essential ingredient in movement success.

Confidence is built upon readiness, supported by preparations.

Taking the attitude or playing the role of "I am already able to do it," will help to strengthen confidence.

Quieting or calming your mind, bringing yourself closer to here and now, results in emotional stability, a consistent learning rate, an inner confidence and

heightened body awareness. Once this is accomplished, you will begin to truly realize how good you really are and then all that is left is your best.

TRAINING WITH THE INJURED GYMNAST

First of all, what is an "injured" gymnast? Definition: A gymnast who is not able to function as usual capacity, because of a physical limitation. In other words, all systems are not "go." While participating in gymnastics, one learns quickly how often injuries of some type are present. Such injury hinders the gymnast from having a normal or familiar workout because of pain, and/or fear of further injury. The coach and gymnast together should determine how the workout might be changed around so better accommodate the particular injury.

Some of the most common injuries are: sore backs, torn or pulled muscles, some type of sprained joint and blisters, but even the gymnast with a fractured bone can usually find some way to train while recovering.

To train in gymnastics means—to get yourself ready both mentally and physically so that you are as familiar as possible with the move before ever attempting the new stunt. In terms of movement readiness, mental preparation is as important as the physical. One must be ready mentally if consistency is desired. The gymnast should attempt to keep their mind ahead, or at least even with their body's readiness.

With this idea of training in mind, there are very few injuries in which training would cease all together. For instance, a fracture involving the ankle is quite common. The doctor will say "stay off of it," but the gymnast often believes he means to do nothing until he is well again. A better way is to "work around it." Work on the little things, the things you normally do not have time to do. For example, this would be the time to develop your basics, the foundation that supports your most difficult moves. Developing strong basics such as posture, strength, flexibility and kinesthesia, (greater awareness of the inner body) is the same as preventing injuries.

Exercises should be developed for warmups and post-workout conditioning that encourages correct posture. Posture is most basic to all athletics and also influences general health for the rest of our lives.

You can increase your strength by working with weights in whatever position (sitting, standing or prone), that will accommodate the injury. This extra time is also useful in analyzing gymnastic films on moves you have been doing or will be working upon, in order to further your understanding of the mechanics involved as well as developing a feeling for the move in your mind.

Keeping the injured gymnast active mentally, as well as physically, will insure a good attitude. Frustration is all too common during an injury. A gymnast often takes the attitude, "Well, if I can't work on what I want, I won't work at all." Lack of activity, doing nothing at all, only adds to the frustration of the gymnast. Being active gives the gymnast a way to release that type of tension which may soon turn into negative attitudes and further injury. The idea here being that gymnasts need to keep a good self-image to insure confidence, enabling their mental strength to grow.

Continued p. 17

A COACHES VIEW OF INJURIES

Coping with an injury should be looked upon as an indication for future success. For some, the patience required for an injury is far greater than that needed for learning a new move. It is a well-known fact that a person who is happy while sick or injured, heals much faster than a person who is unhappy. This reinforces the idea that healing begins first through the mind, resulting in an outward healing. The gymnast's ability to imagine him or herself healing will contribute as much to the rehabilitation of the injury as one's ability to imagine a move being done successfully before the move becomes reality.

Activity of some type tends to make people, especially athletes, happier. Whether it's tennis, swimming, or even analyzing films in gymnastics, they all help in keeping the mind sharp and in which promotes a healthier attitude.

This healthy attitude towards training with injuries eliminates those gymnasts who might seek "the easy way out" using the excuse, "it hurts too much, I can't work out today." The beginning gymnast should learn early that he or she cannot miss workouts merely because of pain. In other words, the gymnast should understand that during an injury period, the objective is to be happy, thinking and feeling, "I'm still a gymnast and a good one." **THE INJURY SHOULD BE ISOLATED TO THE BODY ALONE, AND THE MIND AND ATTITUDE STRENGTHENED WHILE THE INJURY IS HEALING.**

Developing awareness of the injury in terms of exact points and type of pain and range of motion can decrease the pain and healing time. This awareness will lessen the fear which somehow causes pain to be distorted and can easily develop into a convenient excuse for avoiding workouts. Knowing which motion causes pain also decreases fear of accidentally moving the wrong way. If the gymnast really wants success, he or she must learn how to train daily regardless of injury. They should think of pain not as a red light but as a yellow light, an indication to slow down and proceed with caution. This is when a coach is needed, who is both sensitive and flexible to the gymnast's needs, to determine the amount of motivation and extent of training appropriate to the injury.

The coach should keep sympathy extremely minimal, finding other ways to show he or she honestly cares. Showing the gymnast a way to help oneself, is far more constructive than mere sympathy. This teaches the gymnast one of life's many lessons: **LEARNING HOW TO LEARN.** The coach must understand the gymnast and relate how it is sometimes difficult to work with pain, but that often the pain can seem small and almost unnoticeable when you are having fun. In other words, your attention is now on doing instead of judging and dreading this dissection called pain. This is not to say ignore pain, just become aware and familiar with it. Judging it as "good" or "bad" has little to do with the problem and only leads one further from the truth. Coaches' motivation during injury can influence healing time. The coach should only help the gymnast become aware of his or her problem. The gymnast's reality can be found through questions like, "Exactly where and how much does it hurt? Does it hurt so much you can't do this

activity? Can you stand it without getting upset over it? Can you find another way to work on the same skill that will not aggravate your injury? The coach can give positive reinforcement by helping the gymnast find an alternative way to learn and have fun too.

Ask questions that pinpoint the pain. It's not the coach's duty to make the gymnast successful and happy. Instead, the coach merely lets the gymnast find success. Without the coach pushing, the gymnast begins to pull. Happiness is something that cannot be forced upon someone...it is already there within, however, sometimes the coach has to remind the gymnast why they are doing gymnastics. "It's their happiness!" Some possible areas to work on while injured are **STRENGTH, FLEXIBILITY, ENDURANCE, DANCE, FORM, POSTURE, DIET, ANALYSIS OF FILMS, AND DEVELOPING THE FEELING OF GYMNASTICS THROUGH THE MIND (INCLUDING MEDITATION).** Learn how to think clearly by calming and relaxing yourself.

Important in the area of injury rehabilitation is the use of a doctor or physical therapist who relates to athletes. A rehabilitation center can be extremely helpful in giving concrete exercises to promote a speedy recovery. Physical therapists are usually happy to work with athletes and their problems, partly because this helps to break up the monotony of their usual work. It is advised to seek the help of a "Sports Doctor" first and then the physical therapist, to prevent further injury. It is hoped that this article will help our athletes to gain a stronger mind and body for their gymnastic careers and most important, to enhance the quality of their life.

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USOC SPORTS MEDICINE PROGRAMS HELP ATHLETES REACH FULL POTENTIAL

By Dennis F. Keegan
U.S. Olympic Committee
Director of Public Relations

Brilliant and, in many cases, extraordinary performances by foreign athletes at recent Olympic Games dramatically pointed out to sports officials in this country that if American athletes were to continue to compete on a par with other athletes of the world, dynamic new steps would have to be taken in the increasingly sophisticated arena of Sports Medicine-related training. In particular, the successes of East German athletes at the 1976 Games in Montreal focused the eyes of the sports world on the nation's extraordinary gains in Sport Medicine testing, evaluation and training techniques. As the importance of Sports Medicine as a vehicle to improve athletic performance and health assumed world attention, the United States Olympic Committee set out to narrow the gap between available scientific knowledge and its availability to the athlete. The goal was to establish applied scientific information and services for athletes and the public alike.

The Sports Medicine programs under United States Olympic Committee tutelage rest on the premise that total awareness of one's capabilities...physical and mental...when married to specially tailored programs enable athletes to maximize their potential. Sports Medicine extends beyond the promotion of good, general health and fitness and the prevention of injury and disease and is dedicated not only to physical and psychological maintenance, but improvement. Detailed evaluations enable athletes to discover the best way to maximize their potential through individually designed programs.

The United States Olympic Committee's Sport Medicine program was inaugurated with the opening of the first Olympic Training Center in the summer of 1977. A Sports Medicine Council, headed by cardiovascular surgeon, Dr. Irving I. Dardik, provides professional guidance for the program's direction, increasing sophistication, and growing problems. The Council gathers and interprets information for dissemination to athletes, physicians, coaches, trainers and others working for the improvement of amateur athletics. Its goal is to reach youngsters throughout the country to help them become all they are capable of being athletically, and to extend the benefits of scientific research and knowledge to the mental and physical well-being of all Americans.

By mid-1980 more than 25,000 athletes of all ability levels had taken part in Sports Medicine programs the USOC's Olympic Training Centers offered.

A new dimension in program development occurred as the USOC took to the road with its first Mobile Olympic Fitness Laboratory early in 1980. The lab travels by appointment throughout the nation to bring Sports Medicine evaluation and training to athletes at "grass root" levels.

Athletes involved in Sports Medicine programs—whether at the Olympic Training Centers or through the Mobile Olympic Fitness Laboratory—are

monitored by the National Governing Bodies (NGB's) for their respective sports. These NGB's oversee the management and development of Olympic sports nationwide.

Each program is designed at the request of the NGB, to seek out specific information about its athletes and/or to request the design of the individualized training programs for athletes engaged in the sport.

While participating in Sports Medicine programs at the Olympic Training Centers, athletes are provided room and board by the USOC, which also funds the entire Sports Medicine program with the help of grants and services provided by major corporations and volunteer medical professionals.

However, it is really the American people who finance these important programs, individually and through corporate support, with their generous contributions to the non-profit United States Olympic Committee.

Basically, the USOC Sports Medicine program encompasses five broad areas. **BIOMECHANICS**...the study of human movement. Through scientific analysis and evaluation, Sports Medicine experts are able to identify for the athletes those movements, or points in time in executing those movements, wherein force can be maximized and performance optimized. These studies can also point out movements that impede performance through improper technique.

GENERAL MEDICAL...basic clinical programs addressing injury prevention and treatment and health maintenance, including vision accuracy and dental screening.

SPORTS PSYCHOLOGY...the exploration of techniques on both individual and group basis to improve motivation and insure consistency of peak performance.

NUTRITION...counseling on diet and habits, including personalized advice on appropriate food supplements to correct deficiencies and improve strength and endurance.

EXERCISE PHYSIOLOGY...the basic evaluation and analysis of muscular strength and endurance, flexibility, power, body density and O₂ utilization, including the design of maintenance and/or development programs to help the athlete achieve his or her full potential.

As the ongoing Sports Medicine testing programs conducted at the Olympic Training Center, the travelling Olympic Fitness Lab is designed to identify individual potential and map out maintenance and developmental programs for peak physical health and maximum athletic productivity. Services through the Olympic Fitness Laboratory, however, extend beyond those provided to the amateur athlete and have been adapted to service educational institutions, businesses and corporations, and other special interest groups in cities and towns across America visited by the Mobile Lab on a scheduled basis. While its primary purpose is to service the needs and requirements of athletes and the National Governing Bodies, arrangements can be made for others to benefit from specialized programs. Highly-trained professional sports physiologists and other sports science professionals armed with scientific knowledge gained from extensive

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and development of fitness testing and program design to enhance the performance and capabilities of everyone involved with its Sports Medicine programs.

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ATTENTION ATHLETES

In an effort to understand the individual desires and
problems of our athletes, the United States Gymnastic
Federation and the U.S.O.C.'s Athletes Advisory Council
announces their 1980 Athlete representatives:

Mr. Bari Corrier
2825 Westwood Drive
Norman, OK 73069

Mr. Peter Kornmann
Gymnastic Coach
U.S. Naval Academy
Annapolis, MD 21402
(301) 293-3455

Mr. Wayne Young
Gymnastic Coach
Brigham Young U.
Provo, Utah 84602

Miss Kathy Johnson
5812 Old Stone Mt. Road
Stone Mt., GA 30087

Mrs. Linda Muthery/Mulvihill
148 W. 11th Ave.
Eugene, OR 97401

Miss Nancy Thies
3204 43rd Street 5218
Moline, IL 61203

All Athlete representatives are active members of the
USGF Board of Directors and their primary function is to
reflect the viewpoints of the athletes to the rest of the Board
members. It is the strong hope of the Athlete
Representatives that gymnasts, present and past,
communicate with them as to the needs of our gymnasts.
Any athlete wishing to do so should feel free in contacting
any or all of their representatives.

Modern Rhythmic Gymnastics

"An Olympic Sport"

The International Olympic Committee has
announced a change in the competitive program for
the 23rd Olympiad, in Los Angeles, CA, 1980.

Modern Rhythmic Gymnastics has been added to
the gymnastics program. Individual Modern Rhythmic
Gymnastics events will be held during the competi-
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The addition of Modern Rhythmic Gymnastics
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U.S.G.F. Regional Directors Meeting

MINUTES

University of Berkeley

June 26th, 1980

Berkeley, California

1 Roll Call, those present:

Region 1-Harold Frey; Region 2-Bill Hughes; Region 3-Robert Cowen and Randy Schultze; Region 4-Stanley Atkinson; Region 5-Ray Gurn; Region 6-Rick Boyer; Region 7-Rick Anthony for Larry Meyer; Region 8-Rick Boyer; Region 9-Dell Foster, FSC Representative; Leonard Isaacs, National Coaching Staff; Don Gutzler, Weichro Miki and Miss Weisense

2 Roll Call, those present:

a. Discussion on the use of the 1980-84 rules now in effect. Overlap is less, much protest was expressed about this and the need to work together to develop standards.

b. Due to NCAA rule restrictions, Ron Weiss will be officially invited to meet director.

3 The Regional Directors for 1980-1983:

Region 1-Harold Frey
Region 2-Hideo Magoichi
Region 3-Robert Cowen
Region 4-Stanley Atkinson
Region 5-Ray Gurn
Region 6-Ray Johnson
Region 7-Larry Meyer
Region 8-Rick Boyer
Region 9-Dell Foster

4 Responsibilities for the Regional Directors

a. Maintain an open channel of communication between the National Office, Regional Office, and State Office. This vessel of communication should include all events, clinics, meetings and various decisions as developed throughout the year in relation to the U.S.G.F. Developmental Program.

b. Conduct a yearly Regional Clinic for gymnasts, judges, and/or coaches. This Regional Clinic should be carried with the National Office and scheduled in cooperation with State Chairmen. The specific need of the clinic should correspond with the overall needs of the gymnastic region.

c. Conduct an official USGF Regional meet with both compulsory and the optional exercises. This meet shall be carried with the National Office and scheduled at an appropriate time in June of each year. All results of the meet shall be forwarded to the National Office along with an official meeting list of all gymnasts, coaches and championship meet director.

d. Be responsible for decision-making at the Regional Office in concurrence with the National Office. It is the responsibility of the Regional Director to assume all roles in formulating policies and procedures where matters concern the activities and events in the region.

e. Be responsible for promotional planning and publicity. It shall be the responsibility of the Regional Director to plan a systematic and comprehensive promotional program within the region to cultivate the enlightenment and expansion of the USGF Boys Junior Olympic Program. This area is vital to the future growth of the boys' program.

f. It is the responsibility of the Regional Director to attend two national meetings of the Executive Board of the Junior Olympic Program. These meetings include the National Championships and the National USGF Congress. If such attention is unlikely for personal or professional reasons, a letter indicating the reason must be sent to the National Office six months prior to the meeting and indicating a responsible replacement for that specific meeting.

g. It is the responsibility of the Regional Director to assume information from his office to the members of the regional gymnastic community. This Regional Director must also maintain current and comprehensive mailing list of all clubs, YMCA's, high schools, Yawco, State and other boys' gymnastic programs in his region.

New Additions to the Regional Directors' Responsibilities:

- Organize and conduct the regional testing program, every year, for the Jr. National Team selection in coordination with the National Office.
- Select all competitors within a region.
- Supply four (4) articles per year concerning regional activities to be published in the Gymnastics Bulletin.

4. Report on the results of regional championships to the Jr. National championships meet director.

5. Petition/Make the final approval for petitioning the gymnast to the National Championships-Receive petitions for the National Championships and submit them to the National Office for the final approval.

Responsibilities for the State Chairmen:

a. Maintain an updated State list of all gymnasts and clubs in that specific area. This list should be forwarded to both the National Office and the Regional Office.

b. Maintain an open line of communication between his office and both the Regional and National Offices. It is the State Chairmen's responsibility to disseminate and seek information as available throughout the year.

c. Conduct the State USGF Boys meet with both compulsory and the optional exercises. The results of this meet shall be sent to the Regional Offices and the director of the regional meet. In addition to the meet results, new articles, promotional ideas, and other publicly information should be included. Most important is a financial report of the meet.

d. Conduct an annual State Clinic, notifying the National Office. The site and date of this event should be planned in cooperation with the Regional Office. The format of the clinic should be based upon the gymnastic priorities of the State. It might be judging, compulsory development, or coaching techniques.

e. State Chairmen shall make decisions concerning only State related matters.

f. Be responsible for the promotional and public relations development of the Boys' USGF Developmental Program within the State. This is vital to the exposure and exposure of the boys' program.

g. Each State appoints a committee to assist the State.

New Additions to the State Chairmen's Responsibilities:

- Must attend regional championships.
- Must immediately pass on information from regional directors and/or national offices.
- Petition-Receive petitions for the Regional Championships and submit them to the Regional Office for the final approval.

4 1980-1984 Jr. Olympic Age Group Compulsories

The Compulsory Committee Chairman, Bill Foster, reported the procedure that was involved in writing the new compulsory drawings will be done by Jan Sawers and the table of producers will be added. The entire jacket of the compulsory will be available by September 1st. Miss Weisense will be conducting the compulsory clinics following the championships.

5 Rule Changes

A. Competitive Level

There will now be 5 competitive levels next year and each level will be described as follows:

1. Elite Level

- Class I (Advanced Division)
- Class II (Intermediate Division)
- Class III (Advanced Beginner Division)
- Class IV (Beginner Division)

B. Competitive Chart

	CLASS	AGE	LOCAL AND STATE	REGIONAL	NATIONAL
JV	10-12	T-6	Compulsories only	10-15	
			Compulsories and Optional		
Jr	10-12	T-6	Compulsories and Optional	10-12	Comp and Opt
			Compulsories and Optional		
I	10-12	10-12	Compulsories and Optional	10-12	Comp and Opt
			Compulsories and Optional		
Jr Elite	10-12	10-12	Compulsories and Optional	10-12	Compulsory (Optional)
			Compulsories and Optional		

*10 yrs. old compulsory work only be recommended

*Each State and Region has the flexibility to determine what age group will compete at which level.

C. Jr. Elite Level

a. Age requirement

Must be the age between 16 and 18 years old.

Continued p. 37

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Minutes - USGF Men's Regional Directors

NOTE: 1980-1981 qualifying score for the Junior Olympic Nationals is 102 points, based on Olympic compulsory and Optional exercises combined.

b. The 1980-1981 qualifying score for the Junior Olympic Nationals is 102 points, based on Olympic compulsory and Optional exercises combined.

c. Eligibility

Any gymnast who is able to meet the above requirements (including college gymnasts) are eligible.

d. All the qualifiers compete at the Junior Olympic National Championships on June 25-27, 1981. (Date will be determined at the Congress.)

e. Junior National Elite Team

The top ten finalists in the all-around become the Junior National Elite Team members.

f. Ranking of the team members

1. Junior Olympic National Championships result will automatically determine the ranking of the gymnasts and the National Testing competition in December.

2. The last day of the National Testing will see all of the Junior National Elite Team members competing in Optionals only, to determine the ranking from December to the next Junior Olympic Nationals. The next Junior Olympic Nationals will be held in June of the following year.

g. Training camps

1. The Junior Olympic Development Camp (June-July) will be held two weeks immediately after the Junior Olympic Nationals.

2. Winter training camp will be held one week following the National Testing in December.

3. Spring training camp will be held for one week, usually during the Easter week in March or April.

4. The National Sports Festival Training camp is held five to seven days prior to the competition.

5. There are some possibilities of participating in the Senior training camp, but only by invitation.

h. International competition

1. Junior National Elite team members represent our country as Junior gymnasts to compete in international competition.

2. Selection for international competition will be based on the most current rankings.

i. Obligation and Responsibility

The Junior National Elite team members must fulfill all of the obligations and responsibilities set by the U.S.G.F. for any National team members.

j. Qualifying meets

1. Any U.S.G.F. certified open meets.

Western Open November 7-8, 1980

Closed Westworth (614) 988-3854

Wendy City Open November 21-22, 1980

Clemson Johnson (312) 996-5014 or 2772

Oregon Open November 21-22, 1980

Ball Believer (503) 686-3115

Mid-West Open November 28-29, 1980

900b Exposito (312) 389-1631

U.C.L.A. All Around Invitational December 5 and 7, 1980

Art Shurlock (213) 625-4614 or 639-1633

Farmington Open December 5-6, 1980

Bob Hines (215) 425-2123

Hasty All Around Classic December 12-13, 1980

Hutch DeWick (713) 774-7881 ext. 315

(There will more open meets given later in the season.)

k. N.C.A.A. Conference meets

3. N.C.A.A. National Championships

4. U.S.G.F. Regional qualifying meet (April 25-26, 1980)

l. Scores Requirements

Remain the same as the 1979-1980 season.

In case of no score requirement to qualify gymnasts in both age groups.

Each region will be able to send top 3 gymnasts to the National, with possible evaluation of the score.

m. New age groups for 1980-1981

16-18 years of age

13-15 years of age

10-12 years of age

7-9 years of age

A gymnast's age will be determined as of January 1st of each year except Jr. Elite level.

n. Gymnasts Mobility

Gymnasts will be allowed the mobility to move up **one age only** for consecutive years. However, rules of the higher age class must apply.

6. **Jr. Olympic National Championship Festival**

It was decided that there be at least two (2) sessions. An age group at the National Championships plus an individual events trials.

Day 1-2 sessions Class II

2 sessions Class I

1 session Jr. Elite - May be combined Compulsories

Day 3-Individual event trials consisting of the top 5 gymnasts per event.

7. Office Report

a. Relocation-August 1st to Ft. Worth, Texas, into temporary offices.

b. Events

1. National and Regional Testing

2. Jr. National Team selection

The new gymnasts added to the team after testing are: Chris Goss, Pat Parker, Randy Darden, and David Bryan.

3. Spring training camp

a. USA vs. Canada Team: "A" won 1st place, the remaining team competed as an exhibition team.

b. Canada won 2nd place

c. Team "B" won 3rd place

4. January-Japan vs. USA-consisted of 4 juniors and 3 college gymnasts: Matt Amst, Tim Daggett, James Milus, and Joe Ray.

5. December-British invitational-consisted of 3 gymnasts: Tim Daggett, James Milus, and Joe Ray.

6. February-Mark West USA vs. Great Britain-consisted of 3 gymnasts representing Jrs.: James Milus, Dennis Hayden, and Dan Hayden.

7. March-Puerto Rico Exhibition-consisted of 2 gymnasts: Joe Ray and Tim Daggett.

8. April-East Germany-consisted of 2 gymnasts: James Milus and Tim Daggett.

c. Upcoming Training Camps

Tentative date-August 26-28-USA-West Germany and USA, consisting of participants from the Senior National Team and Junior National Team (the top Jr. gymnasts from the Advanced division).

d. Future Events

Selection for the competition in Greece (September) 3 Jr. gymnasts will participate.

Australian Exhibition (November) 2 Jr. gymnasts will participate.

8. 1981 Jr. Olympic National Championship

a. A bid was received from Brigham Young University (official).

b. Open bids were received from the University of New Mexico and Iowa State University.

They will be voted on at U.S.G.F. Congress, guidelines (similar to NCAA guidelines) will be set up in regards to the bids for National Championships published in the new rules and policies.

Committee will consist of Roy Johnson, Harold Fry, Bill Foster, and Rick Goyer.

1981 Jr. Olympic National Championships date

June 25-27-81

9. Petitions

a. Petition guidelines and forms have been sent to all the Regional Directors and the State Chairmen, and they should be responsible for providing this information to those who need it.

b. Petitioning to the Regional Championships

All the petitions should be filed to the State Office first, then the State Chairmen will submit the petition to the Regional Director for the final approval.

c. Petitioning to the National Championships

All the petitions should be filed to the Regional Office first, then the Regional Director will submit the petition to the National Office for the final approval.

d. Non-Injury Petitions

Must be filed in written form at least 14 days prior to the competition for the final approval by the State Chairmen or the Regional Director (whichever applies), except in the case of an emergency.

10. Standardized Model

The U.S.G.F. Jr. Olympic standardized model has been designed and will become available for the 1980-1981 season. The U.S.G.F. is seeking now for a National sponsor to finance and support our program. Further discussion will be forthcoming at the Coaches Congress in St. Louis.

Continued p. 32

**FOREIGN RELATIONS COMMITTEE
FOR WOMEN
JACKSONVILLE, FLORIDA
May 27, 1980**

MEMBERS PRESENT:

Roe Krueger, Bill Sarasin, Linda Charnick, Jackie Fan, Don Penn, Debra Dora, Bob Finch (Independent Clubs) See Attendance.

GUESTS: Bill Valerius, Roger Council, Madeline Bove

1. The minutes of the April 18, 1980 meeting in Salt Lake City, Utah were accepted.

2. Bill Sarasin gave the report from the Elite Development Committee concerning the Elite schedule for 1981. The Elite Development Committee said they would support the proposal from the Elite Coaches Association, but Bill recommended that all decisions wait until the Elite Symposium in August. This would give everyone time to evaluate the schedule proposed by the Elite Coaches.

The FRC voted to hold the World Championships Trials, October 1, 2, 3, of 1981.

3. Coaches for the World Championships Trials will be selected in the following manner: six months prior to trials and coach selection an announcement will be made in the USGF News that applications will be received by the FRC Chairman for the positions of coach or assistant coach of the World Championships Trials.

After the Trials—the coaches of top 1-10 girls of the World Championships Training Squad will meet. The meeting will be chaired by the FRC Chairman. These coaches will review applications that have been received and by secret ballot select the coach. The coach will then review the applications and select the assistant coach from the applications subject to the approval of the other coaches (coaches from the top 10 girls).

All decisions are subject to final approval of the FRC for Women. Specific procedure for the election of the coach and assistant coach will be decided at our next meeting. (Number of votes needed is now 2/3 or simple majority and also whether a coach gets one vote or as many votes as he has gymnasts).

4. Bill Valerius gave a report on his search for sports medicine personnel, trainers and doctors. It was felt that a man was more likely to be seen than a regular doctor. Trainer will represent both the men and women teams and must be skilled in the needs of each team. Those recommended were Dr. Willard Dr. Garret will give the names of other trainers.

The Men and Women FRC's will discuss and suggest names for delegation leader. This person should be experienced internationally and represent both teams. Names suggested by the Women FRC are Bill Mende, Gene Wetschke, Chae Johnson, Gene Treiber and Tom Maloney.

5. Golden Sands—We are deeply sorry that Jim Gash will be unable to attend the Golden Sands Meet. Tom Jones will be asked and Greg Weiss will be the alternate.

6. International Meet

—August-September 6-14, 1980

Two gymnasts from the Championships of the USA 80 to rank order starting from number 1 until two girls occupy the meet.

b. Greek International, September 1980

Rank order from the Championships of the USA 80 those who do not make the top 10 Olympic Training Squad.

c. Austria-November 5-10, 1980

If by June 30, 1980 we do not have a definite date for the meet in Greece we will cancel that meet and send those gymnasts to Austria. If the meet in Greece is confirmed then we will send accept the meet in Austria.

d. China-November 17-23, 1980

Gymnasts 1-4 from the Olympic Trials and the gymnasts that did not go to West Germany (probably 8, 9, 10) coaches to be selected

e. Finland-November 23-24, 1980

From the Olympic Trials to rank order those gymnasts not used in China or West Germany Meets

f. Japan-November-December 1980

Will decide at the next meeting in August-Elite Symposium

*After West Germany-No more appearances on competitions as an Olympic Team. The Olympic concept with all its duties, responsibilities and time, comes to rest.

7. At the USGF Congress a Coaches Symposium will be given to explain the duties and responsibilities on the international trips.

8. The next FRC meeting will be held in the Elite Symposium in August. The FRC chairman will notify you of the exact date.

USGF Men's Regional Directors Minutes

11. Coaches Congress

October 3rd (Friday) to October 5th (Sunday), 1980

at Louis Sherratt-St. Louis, Missouri

a. National Coaches' meeting will be scheduled prior to the Jr. Olympic general session

b. Jr. Olympic general session will be scheduled for approximately a 2 hour session

c. Many coaches have expressed the need for a technical session during the Congress for Men

12. Jr. National Coaching Staff

Wesley Mills

Don Guttler

Yoshi Torita

New members

Susan Cabel-Dance Program

Bill Foster

Bill Austin

Tom Gardner

Eric Malmberg

Dr. James Daniels-Sports Medicine Program

13. National Clinic-1980-81

This year's clinic will be mainly new compulsory interpretations. Max Wetschke or the Jr. National coaching staff will conduct the clinic.

Region 2-September 20, 21

Region 3-October 25, 26

Region 4-November 6, 8

Region 5-September 25, 29

Region 7-October 18, 19

Region 8-September 15, 14

Region 9-November 1, 2
(Region 1 and Region 5 dates have not been established.)

14. Men's Rules for Competition Book

The book will contain every rule and regulation of the Jr. and Sr. Programs, as well as the compulsory exercises.

The book will become available this fall.

15. Peak Climbing Series Award

1980 Recipients

Don Guttler

Wesley Mills

Eric Turcott

Robert Cowan

Gymnasium

New Award Committee members

Robert Cowan

Roy Johnson

Larry Meyer

Rick Boyer

Meeting adjourned.

Recorded by, Don Guttler

1980

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FIG Women's Technical Assembly

Keeping Up Internationally "International Report"

Unofficial Minutes
By Jackie Fie
FIG WTC Member

1 **Opening Remarks and Greetings** by Pres. Ellen Berger
Telegram from C. A. Lathren was read concerning her inability to
attend due to circumstances beyond her control and also her
greetings to the WTC and delegates

2 Roll Call

Delegates-WTC Assembly-34

Austria-W	Mongolia-W
Austria-W	Norway-W
Brazil-Man	Haitian-Man
Bulgaria-W	Peru-Man
China-Man	Poland-W
Corea-Pia-W	Portugal-Man
Dem. Rep.-W	DOR-W
Cuba-Man	Romania-W
Spain-W	W. Germany-Man
USA-W	Sweden-W
France-W	Switz.-W
GDR-W	Syn-Man
Greece-Man	Czech.-W
Hungary-W	USSR-W
Indo-Man	Venez.-W
Italy-Man	Yugoslavia-Man
Kuwait-Man	Total 34 (15 Men)
Mexico-Man	

2/3 majority-22 2/3 or 23

absolute (plurality) majority-17+1 or 18

Mrs. F. Thompson from Australia read a statement for the minutes
concerning the fact that Israel and South Africa were not greeted
in contempt of IOC Charter and FIG Statutes

Article 22 § 6

The Agenda was endorsed by 15 votes

3 **Report of President** was unanimously approved

4 **Minutes of the 1978 WTC Assembly** were approved as corrected
March 1980 Bulletin, pp. 27, para. 12

It was stated that the height of the uneven bars can be measured at
present from the mat or the ground. Only after the new apparatus
series (1979) becomes exclusively valid as of 1981 must the bars then
be measured from the mats. The norm books, if necessary, will be
properly corrected.

5 **Competition Reports** given verbally for:

a World Championships 1979 by M. Simionescu-general report

Specific apparatus reports by members

M. Simionescu: IA-Bars, IB-Floor, IC-Vault (no reports submitted in
writing)

S. Matichova: IA-Vault, IB-Bars, IC-Bars, ID-Floor (written reports
submitted)

J. Berg: IA-Bars, IB-Bars, IC-Floor (written reports submitted)

J. Fie: IB-Vault, IC-Bars, ID-Bars (written report already submitted to
USGF in writing)

b Jr. European Championships 1980 by members:

M. Simionescu-Bars (no written report)

S. Matichova-Floor (written reports submitted to FIG-WTC)

J. Berg-Vault (written reports submitted to FIG-WTC)

J. Fie-Bars (written reports already submitted in writing to USGF and
to FIG-WTC)

6 **International Judge Course 1980-Moscow**

-Report in General by E. Berger

-Reports by Chief Lecturers concerning lectures and results
obtained by the judges.

Vault-U: Berg

Bary-J: Fie

Bars-M: Simionescu

Floor-S: Matichova

Other Continental and National Course Reports as to level, chief
lecturers, no. of participants and results were reported by Pres.
Berger

7 **Elections**

The delegates from Australia, Poland, Cuba and West Germany
acted as scrutineers-counters

Ms. Elisabeth Kuru was nominated from the floor as a candidate. In
order to be placed on the ballot a 2/3 majority was necessary-23
votes. The results of a secret ballot were:

Kuru-11

Yap-17

Invalid-5 (incorrectly filled out)

Articles 15 and 27 of the FIG Statutes demand a secret ballot. A
simple majority-18 votes is necessary for election of the 7 members.
Those candidates on the ballot who are not present, namely, Canada,
Japan, and China, have the right to be elected.

Result of 1st and only secret ballot:

Ms. Berger-33

Ms. Matichova-27

Ms. Simionescu-25

Ms. Berg-23

Ms. Fie-21

Ms. Kuru-19

Ms. Tourichave-18

(Note: 216 votes out of possible 328 were cast.)

Ms. Berger was declared President by acclamation

Ms. Matichova and Ms. Simionescu become the 1st & 2nd V P

-Adjournment for Lunch

2nd Session-WTC Assembly-4:00 P.M.-July 14

8 **Proposals by the Federations**

(Dealing only with technical issues)

Note: Only 25 federations present at opening of 2nd session, then
only 20

Refer to FIG Bulletin May 1980 for Proposals in full

Regulation-81

Proposed to have one French speaking member on WTC. Reason
stated was not entirely correct as all documents appear to be
in German, the official language of the WTC and are then translated
into English, followed by French by members of WTC or assistants
(French: Mme Thiebaud and Kuru). This process takes much time.

Ms. Berger ~~stated~~ that special attention will be paid to the French
text in the future

NO VOTE

Result-82

Proposal a) Concerning right of participation in World Cup. There
are other similar proposals. The WTC supports a **Commission** to
study the for presentation and vote at the next Congress. Those
delegates not present.

NO VOTE

Regulation-83-85

Proposal a) Concerning replacement of Man or Woman gymnast.
Rationale is quite good, as are the regulations for replacement.
Romania spoke for the proposal

Sweden spoke against

West Germany states the principle is quite good, but advocates to
accept with further study due to possible interpretation

Czechoslovakia agrees with W.G.

The WTC is in favor of proposal, provided an official physician of the
FIG decides and if only 1 gymnast can be replaced

Note taken on principle of proposal with the task of writing proper
rules for substitution left to the WTC.

Result-16 for

2 against

1 abstention

PASSED

Proposal b) Vault-cancellation of 3.5 and 1.0 penalties for vaults in
flair

DEFEATED

Proposal c) Man coaches-

WITHDRAWN

Proposal d) Originality for direct connection of "B" elements also
WTC not in favor of this. The whole issue of direct connection is still
being studied and proposed

WITHDRAWN

USA-9, 84-86

Proposal e) All Around Competition, no scores carried from IA & IB
to Final Competition, no scores carried from IA & IB

This is a similar proposal by France

Vote taken to form **special study group** including France & USA with
WTC to elaborate on proposal. Be careful not to influence any
reduction of medals at Olympic Games and not to under emphasize
compulsory exercises

Result-16 favorable

PASSED

Continued p. 35

July 14, 1980 - Moscow University

Proposal c) World Cup Participation
Commission will be formed as for proposal from Great

NO VOTE

Note: Proposal a) Head Judges rotation **defeated** in Men's Technical Assembly

Proposal f) Engagement of Technical Committees is a matter for the General Assembly, since it affects the Statutes & Technical Regulations

After lengthy discussion in G.A.-confusion and apprehension concerning one member not voting, the proposal was withdrawn in order to be presented in a different form at next year's Congress

Proposal g) elimination of orchestral accompaniment USA delegate withdrew the proposal to give time for experimentation and development with orchestral accompaniment which will hopefully show an improvement in the quality of music and corresponding judgments

The Proposal should serve as an instruction to the judges in terms of not being influenced by theatrical musical quality rather than the harmony of gymnastic performance and composition. It wants some also as an instruction to the organizers concerning the sound system which must not overpower the gymnast and the other 3 events

The USA will submit the proposal next year before re-submitting the proposal, but in the interim the gymnasts/coaches are reminded of the option to use the piano as before in the old Code

Revised p. 68

Modification of Tech. Reg. and Statutes to be dealt with only in Olympic years. Vote in G.A.

PASSED

France-p. 67-70

1. Proposal to eliminate computerized-vote **DEFEATED**
2. Separate Competitions for I, II, & III-similar to USA proposal Commission formed-USA & France
3. Qualification for the Olympic Games

a) System
8 teams from previous Worlds
8 teams to enter 2nd qualification meet on neutral soil.
Vote 18 for **PASSED**

b) Schedule for competition:
2 events in eve. & 2 in p.m.
WTC against this scheduling
Vote 18 against **DEFEATED**

c) 14 countries & 24 individuals vs against IOC regulations: For General Assembly

d) Rotation of Judges
WTC in opposition rather strongly
Vote 18 against
1 abstention **DEFEATED**

e) Regulations for competitions I, II, III-s to be studied in the Commission established for this purpose
5. Organization of Competition No. 2-3 different groups

Vote 12 against
2 abstentions
8 for **PASSED**

Great Britain-p 70

A, B & Groups in World Games (see attached)
WTC States that a study Commission was formed last year, based upon proposal of G.B. The results of this study Commission will be conveyed to the General Assembly for vote. **No vote taken. Note:** G.B. withdrew proposal in G.A. and vote was taken to study further with 1981 World Games to be conducted as before: "A" group, or "B" group

Italy-p. 70-71

a) Age propositioning is 18 for major competition. Same proposal for CDR, Italy asks for a Commission to study age requirement and effects (it considers how many years it will take for results. Requests vote for age 18 yrs. (in the year) for the Olympic, World Games, European Championships.

Result: 18 for
2 against
1 abstention **PASSED**

Age of _____ to 19 would be voted for Jr. Championships

Effective date, Jan. 1, 1981 (Younger age not agreed upon)

b) Composition of Judges
-Down (voting already passed in 1979)
-5 judges & 2 Head judges (one of which is from WTC)
W.G. spoke against this, WTC not in favor

Vote: 12 against

1 for **DEFEATED**
-Classification of international judges for selection of Head Judges. Deferred in above vote **DEFEATED**

German Democratic Republic-p. 71-72
c) Age limit for Women's gymnastics-15 yrs. Already **PASSED**

d) Creation of Medical Commission
Vote taken in General Assembly-Result:
40 for
0 against
3 abstentions **PASSED**

German Federal Republic-p. 70-73

a) WTC favors-belong to G.A.
b) WTC is against-belong to G.A.
c) General Assembly
d) Age of gymnasts-already **PASSED**
f) For General Assembly-rules will be incorporated into General Internal Regulations
Romania-p. 72-74
g) Publication of decisions-part of Internal Regulations
h) Modification of Code and Technical Regulations can not come into force until 1 yr after adoption WTC favors. Vote in General Assembly unanimously **PASSED**

Sweden-p. 74
i) Olympic Qualification for Men & Women-must be same for individual gymnasts
Vote taken Result: for **PASSED**
Supported by General Assembly also

Spain-p. 74
Arabic as official language-vote taken in General Assembly **DEFEATED**

USSR (appears on page 48-49 French only)
1. Jr. Championships
A. **Agreement will be drawn up** (including number of participants, age, restrictions as to top national competition placements, medals, rules for competition I & II) including number of difficulties, designation of gymnasts into groups I or II by national federations as according to draw for state (not names)
Note: 1 "C" part may replace only 1 "B" or 1 "A", as 1 "B" part may only replace 1 "A".

Technical Regulation will be clarified concerning participation in competition I & II-San Proposals of FIG Authorities on pg. 70, b and c

3. Music for Beam-Necessary for connection, dance elements (leap-jump-hop-turns, etc), not only for acrobatic elements. Requests federations to experiment at home. No vote taken **NO VOTING**

USSR-p. 74
a) 6 judges for FIG Official Competitions-Code already exists **NO VOTE**

b) Coaches' Committee-issues for the General Assembly-no vote taken in G.A.
c) Height of Bars only-to be measured from the top of the mat starting in 1981

d) Proposals of FIG Authorities
Items for G.A. will approved by G.A. **NO VOTING**

10. **Miscellaneous**
a. Mr. Matkachev to give report on "A" & "B" Groups for World Games in G.A. Proposal was defeated
b. Announcement of Judges who successfully passed the special Scientific Technical Conference last-ETC

U. Stein-G.B.
G. Kosterka-LUSSR
M. Krukenberg-G.
A. Schwenker-USA
A. Bingham-Australia
M. Blair-GER

c. Symposium on Compulsory Exercises-to be held in early 1981 for trainer, judge and gymnast
d. New O.V.RV lists to be distributed after Olympic Games
e. New Elements from PL. Worth-to be added to Code-will be translated into French also

Adopted.
Respectfully submitted,
Jackie Pat, FIG WTC Member



Photos courtesy USGF

AMF

AMERICAN ATHLETIC

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1979 World Championships
1979 Jr. World Invitational
USA Championships for Men and Women
USA Jr.-Sr. Championships
Diet-American Cup
1979 World University Games

FOURNISSEUR OFFICIEL D'APPAREILS GYMNASTIQUES POUR:

1979 Championnats Mondiaux
1979 Concours de Jeunesse par Invitation
USA Championnats pour Hommes et Femmes
USA Championnats de Jeunesse et d'Adultes
Coupe Américaine Dial
Jeux Universitaires Mondiaux de 1979

PROVEEDOR OFICIAL DE APARATOS GIMNASTICOS PARA:

1979 Campeonatos Mundiales
1979 Concurso Mundial Juvenil por Invitación
USA Campeonatos para hombres y mujeres
USA Campeonatos Juveniles — Adultos
Copa Americana Dial
Juegos Universitarios Mundiales de 1979



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